

JJC COMPETITIVE CHEERLEADING

PURPOSE & MISSION

The Joliet Jr College Competitive Cheerleading program will promote and uphold JJC traditions and sportsmanship while working to engage, motivate, and entertain fans at games, appearances, community events, and competitions. Cheer athletes will be ambassadors and lead the student body by being examples of good sportsmanship while maintaining focus on academic success, student development, and high ethical standards while operating within regulations set forth by NJCAA, conference, and USA Cheer Safety Board.

PROGRAM BENEFITS:

- Quality Education
- Uniforms and equipment provided
- [Student-athlete academic specialist](#) provided to each athlete
- [Sports Medicine Staff](#) on site
- Staff Sports Psychologist
- Collegiate National Competition Opportunities

ACADEMIC STATUS & ELIGIBILITY

[Outlined here](#); cheerleaders must be full time students of JJC to be eligible to compete. Please review the full policy to ensure you understand the requirements to be academically eligible to maintain active program status and competitive eligibility.

CHEERLEADER EXPECTATIONS

These are very well outlined below and the [JJC Athletic Website](#). Please thoroughly review and determine if you will be able to meet these expectations. In addition to what is outlined in that document, it is expected that any potential JJC Cheerleader is aligned with the priorities of our program and the JJC Wolves Athletic Department. These include:

- ★ ***A program first, then team, then individual mentality***
 - Athletes are trying out to be a part of the JJC Cheer program first and foremost.
 - Trust the coaches to do the right thing to build and maintain the program's record of success and preparation for future success NOT one individual's success.
 - Team/position placement is reflective of the best fit for each athlete that will allow for teams to compete safely and with athletic integrity.
 - Athletes will not have a set position for the duration of their time with the program. Versatile athletes bring the most value to the team and program. They are also able to more safely maintain a long career in their sport.
- ★ ***A JJC Cheerleader is a complete well rounded individual***
 - Athletic skills are only one part of being a student athlete; time management is necessary to maintain academic success and community involvement as well.

- Coaches place as much emphasis on the “intangibles” as skill sets. A strong work ethic, respect, integrity, humility, and service are requirements for all JJC Cheerleaders.

★ ***Our program is a competitive “cut” sport*** and our competitive season is geared towards achieving and maintaining success at the highest levels of NJCCA and NCA. Team size(s) & NCA Division reflect the number of athletes that are at competitive skill level, not a maximum number of participants accepted to fill slots.

- The program takes seriously the role of cheerleaders as spirit ambassadors for our school. This means team members will have responsibilities to promote Wolves Athletics throughout the school year.
 - Cheer at home Men’s basketball games
 - Participate in Campus events and promotions
 - Appear in Community events and interact with potential JJC Wolves
- We follow the [NCA Scoring rubric](#) to evaluate athletes and determine each individual’s fitness for success within the program. ***It is expected that athletes trying out for this sport have a minimum of high school level experience in tumbling, stunting, cheer jumps, and are able to perform cheers, chants, and a 2 minute routine incorporating these skills.***
- The aim of practices and training is to prepare athletes for competitive success safely by offering opportunities to build skills and condition for the winter season. We are not a recreational or social activity.
- Attendance is considered tantamount to each team’s success or failure. This goes for practices, camps, community events, and team-building activities.
- While we make every effort to organize our schedule in advance for proper planning, it is inevitable that added practices or meetings will occur. There will be practices that conflict with family events, vacations, jobs, and other after school activities that athletes will be expected to attend.

★ ***Perfection before progression***

- It is expected that athletes are able to master skills in one level of the scoring rubric before progressing to the next.
- Our athletes are expected to work outside of scheduled practices to improve and add to their skill set for the duration of their time in cheerleading, not just right before tryouts in an attempt to make a specific team/spot.
- This affects decisions on team and routine placement to ensure that athletes are in a position to safely execute all skills that will be planned.

ATTENDANCE:

Student athletes are students first, however, the success of the team is dependent on all members being present at practices, assigned games/appearances, camps/clinics, and training sessions. The student-athlete academic specialist will work with you to ensure that your classes and athletic responsibilities are not in conflict. Habitual absences will result in dismissal from the program.

Summer: Practices will be held with athletes that were recruited/signed as of Spring evaluations. These are outlined on the calendar and organized to gain/practice skills in advance of exhibition events and NCA qualifying camp. Team members will be expected to train individually and submit accountability artifacts to coaches for the majority of the summer. A skills camp will be held along with attendance at an NCA camp where the team will qualify for NCA Nationals. Open gyms and tryouts will be held to form a team for the upcoming school year.

Fall: Practices (2x/week) and training (up to 2x/week) will begin to condition and build skills for the basketball/competitive season. It is understood that an advanced skill level is expected within the JJC Cheer program. While practices are scheduled to work team skills together, the expectation is that all athletes will have time to devote outside of practice to attain higher skill levels, increase difficulty, stamina, and consistency of their individual skills. "Open gyms", external class opportunities, and strength and conditioning training can potentially be added into the regular practice schedule.

Winter: 2-3 days of practices/week plus Men's basketball games, and exhibition & competitive performances. Athletes may also have the opportunity to travel to postseason basketball games. In addition, public and school appearances are required by squad members to attend throughout the year.

Conduct:

Cheerleaders are highly visible members of the Joliet Jr College and expected to be ambassadors of the [school code of conduct](#) and athletic department mission. Therefore, it is expected that all members of the program conduct themselves accordingly at all times. In addition the following rules also apply:

- No smoking of any kind, drug use, or alcohol will be tolerated while in uniform or while fulfilling the role of the Joliet Jr College Cheer Program.
- It is important that the general public not be aware of your status as a JJC Cheerleader in establishments in which the main purpose is to serve alcohol.
- All social networking sites must contain appropriate content (including but not limited to status updates, wall postings, and pictures) in regards to the integrity and reputation of the JJC Cheer Program.

Positive attitudes are essential to the success and maintenance of your status as a cheerleader. Any individual that exhibits attitudes that are detrimental to the success of their teammates &/or the program will be addressed. The coaching staff reserves the right to sideline or dismiss any athlete with poor/disrespectful attitudes.

Immediate dismissal or suspension from the Cheer Program may occur for gross misconduct as outlined below:

- Attending any practice, game, appearance, or competition under the influence or suspected consumption of alcohol &/or non-prescribed drugs.

- Illegal substance or habitual substance abuse (including alcohol)
- Illegal behavior or arrest
- Actions/behavior deemed inappropriate and dangerous by the coaching staff

APPEARANCE & UNIFORMS

Cheerleading is a sport in which the collective becomes one. Uniformity is the skill that teams work the longest and hardest on throughout their season. Practice attire will be scheduled at the beginning of each month. Uniforms, practice/travel attire, and warm-ups must be kept neat and clean. Any item of clothing with JJC Cheer/Wolves athletics, etc. is considered to be a uniform and must be worn appropriately and kept up. You are responsible for the upkeep of the items in your possession. Because of this, cheerleaders are not allowed to loan or allow other people outside of the program to wear any uniforms or JJC Cheer attire.

Each program member is required to arrive in the proper attire, warm-up, and perform by the time(s) designated by coaches. Hair for practices must be pulled back (off face and shoulders), no body jewelry of any kind is permitted for practice, game, competition, performance. This also applies to gum, candy, and hats. In regards to punctuality, early is on time; on time is late.

FINANCIAL EXPECTATIONS:

The Athletic Department supports the cheer program through an annual predetermined budget that covers some travel and equipment needs. However, there are additional costs to train for which athletes are asked to fundraise or pay for certain items. Funds that are raised by the program at competitions, clinics, and other fundraising opportunities are deposited in our cheer account and used to pay for training costs and supplemental items.

CONCERNS:

JJC Cheer Coaches were chosen by the College to provide leadership, mentorship, guidance, and expertise to the Cheer Program. The coach/athlete relationship and inter-squad relationships are of the highest value and most important to a successful team. Mutual respect is expected to be on display to all team members and staff. Should a problem or concern arise, athletes are encouraged to first attempt a resolution directly with the individuals involved. If the concern is not resolved in this manner, athletes should then seek the consultation of the appropriate Coach.

COACHES CONTACT INFORMATION:

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